

SLA

STUDENT
LEADERSHIP
ADVOCATES

WHAT IS SLA?

The role of the Student Leadership Advocates (SLA) program is to support the Ohio State community in leadership development, primarily through providing facilitation for leadership development workshops and retreats. SLA works with student leaders from across the university to support them as they develop as students and leaders.

CONTACT US

go.osu.edu/SLAWorkshops

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HOW DO WE DO IT?

Students can request from the following type of workshops:

- Individual-oriented workshops
- Group-oriented workshops
- Community-oriented workshops

These workshops can be requested by any student group. SLA is also happy to work with a student group to develop new content that meets their specific needs.



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE
STUDENT ACTIVITIES

INDIVIDUAL-ORIENTED

Stress and Time Management

Participants will discuss different types and causes of stress and strategies for overcoming them to maintain wellness through a time management worksheet.

Explore Your Values

This session introduces values clarification with an opportunity to explore and reflect on personal values through a values-sorting activity.

Personal Branding

Similar to values, our personal brands reflect how others perceive us. This session examines these brands and whether students are consistent with their own branding on and offline.

True Colors

True Colors is a personal assessment that clarifies individual strengths. These strengths and how they connect to those possessed by others are discussed here.

Adobe Creative Types

A newer character assessment that is similar to true colors in that it examines individual creative strengths and how those can work in tandem with the strengths that others possess.

GROUP-ORIENTED

Love Languages

This relational assessment examines how people prefer to be appreciated and thanked. It is excellent for groups considering how to improve communication or teamwork.

Recruitment and Retention

This reflective session is designed to encourage reflection on why individuals join organizations. This “why” or purpose is then applied toward a discussion on intentional recruitment strategies for building or maintaining an organization.

Mentoring

This program addresses the importance of clear communication and mentoring within an organization and how to be a great mentor. It is especially useful for teambuilding and executive board transitions.

Leadership Transitions

Similar to mentoring, this session is especially important for preparing a new executive board for their new leadership roles. This session makes space to discuss organizational logistics, reflection on one’s experience in an organization and some goal setting for the upcoming semester or year.

COMMUNITY-ORIENTED

Leadership and Vulnerability

This session makes the connection between vulnerability and leadership. By sharing and reflecting on experiences where they have made an impact, participants will practice both vulnerability and active listening in order to further develop as leaders.

Networking

Participants in this session will explore tips and tricks to networking. This session also makes room for participants to practice their elevator pitches and how to follow up on professional development opportunities. This is a helpful session for people pursuing internships, jobs, volunteer opportunities or further developing their personal and professional networks in general.

Public Speaking

This session describes tools and strategies for clear and effective public speaking. This is done through outlining key components of a presentation, how to prepare and a chance to practice by delivering brief speeches themselves on a shared prompt.